



National Nutrient Database for Standard Reference  
Release 28 slightly revised May, 2016

**Full Report (All Nutrients) 42285, Babyfood, cereal, brown rice, dry, instant**

**Report Date: June 24, 2017 22:34 EDT**

Nutrient values and weights are for edible portion.

Food Group : Baby Foods

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 tbsp 3.7g
<b>Proximates</b>					
Water	g	1.00	--	--	0.04
Energy	kcal	406	--	--	15
Energy	kJ	1698	--	--	63
Protein	g	8.70	--	--	0.32
Total lipid (fat)	g	3.00	--	--	0.11
Ash	g	1.32	--	--	0.05
Carbohydrate, by difference	g	85.98	--	--	3.18
Fiber, total dietary	g	6.5	--	--	0.2
Sugars, total	g	0.72	--	--	0.03
<b>Minerals</b>					
Calcium, Ca	mg	55	--	--	2
Iron, Fe	mg	47.60	--	--	1.76
Magnesium, Mg	mg	28	--	--	1
Phosphorus, P	mg	272	--	--	10
Potassium, K	mg	386	--	--	14
Sodium, Na	mg	12	--	--	0
Zinc, Zn	mg	0.00	--	--	0.00
Copper, Cu	mg	0.368	--	--	0.014
Selenium, Se	µg	23.4	--	--	0.9
<b>Vitamins</b>					
Vitamin C, total ascorbic acid	mg	0.0	--	--	0.0
Thiamin	mg	0.930	--	--	0.034
Riboflavin	mg	0.170	--	--	0.006

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 tbsp 3.7g
Niacin	mg	16.000	--	--	0.592
Vitamin B-6	mg	0.980	--	--	0.036
Folate, total	µg	15	--	--	1
Folic acid	µg	0	--	--	0
Folate, food	µg	15	--	--	1
Folate, DFE	µg	15	--	--	1
Choline, total	mg	33.4	--	--	1.2
Vitamin B-12	µg	0.00	--	--	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00
Vitamin A, RAE	µg	0	--	--	0
Retinol	µg	0	--	--	0
Carotene, beta	µg	0	--	--	0
Carotene, alpha	µg	0	--	--	0
Cryptoxanthin, beta	µg	0	--	--	0
Vitamin A, IU	IU	0	--	--	0
Lycopene	µg	0	--	--	0
Lutein + zeaxanthin	µg	0	--	--	0
Vitamin E (alpha-tocopherol)	mg	0.65	--	--	0.02
Vitamin E, added	mg	0.54	--	--	0.02
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0
Vitamin D	IU	0	--	--	0
Vitamin K (phylloquinone)	µg	0.7	--	--	0.0
<b>Lipids</b>					
Fatty acids, total saturated	g	0.610	--	--	0.023
4:0	g	0.000	--	--	0.000
6:0	g	0.000	--	--	0.000
8:0	g	0.000	--	--	0.000
10:0	g	0.000	--	--	0.000
12:0	g	0.003	--	--	0.000
14:0	g	0.011	--	--	0.000
15:0	g	0.002	--	--	0.000
16:0	g	0.512	--	--	0.019
17:0	g	0.000	--	--	0.000

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 tbsp 3.7g
18:0	g	0.053	--	--	0.002
20:0	g	0.014	--	--	0.001
22:0	g	0.000	--	--	0.000
24:0	g	0.016	--	--	0.001
Fatty acids, total monounsaturated	g	1.085	--	--	0.040
14:1	g	0.000	--	--	0.000
15:1	g	0.000	--	--	0.000
16:1 undifferentiated	g	0.010	--	--	0.000
17:1	g	0.000	--	--	0.000
18:1 undifferentiated	g	1.075	--	--	0.040
20:1	g	0.000	--	--	0.000
22:1 undifferentiated	g	0.000	--	--	0.000
24:1 c	g	0.000	--	--	0.000
Fatty acids, total polyunsaturated	g	1.072	--	--	0.040
18:2 undifferentiated	g	1.027	--	--	0.038
18:3 undifferentiated	g	0.045	--	--	0.002
18:4	g	0.000	--	--	0.000
20:2 n-6 c,c	g	0.000	--	--	0.000
20:3 undifferentiated	g	0.000	--	--	0.000
20:4 undifferentiated	g	0.000	--	--	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000
22:4	g	0.000	--	--	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000
Fatty acids, total trans	g	0.001	--	--	0.000
Cholesterol	mg	0	--	--	0
<b>Amino Acids</b>					
<b>Other</b>					
Alcohol, ethyl	g	0.0	--	--	0.0
Caffeine	mg	0	--	--	0
Theobromine	mg	0	--	--	0